

What is Coronary Heart Disease (CHD)?

Source: National Heart, Lung, and Blood Institute (NHLBI) Information Center, P.O. Box 30105, Bethesda, MD 20824-0105:

Like any muscle, the heart needs a constant supply of oxygen and nutrients that are carried to it by the blood in the coronary arteries. When the coronary arteries become narrowed or clogged and cannot supply enough blood to the heart, the result is coronary heart disease (CHD). If not enough oxygen-carrying blood reaches the heart, the heart may respond with pain called angina. The pain is usually felt in the chest or sometimes in the left arm and shoulder. (However, the same inadequate blood supply may cause no symptoms, a condition called silent angina.)

When the blood supply is cut off completely, the result is a heart attack. The part of the heart that does not receive oxygen begins to die, and some of the heart muscle may be permanently damaged.

Whitehall Statistics-Youth

- 47% of Whitehall youth live somewhat sedentary lifestyles (with girls constituting 51% of this total.)
- 37% of Whitehall youth exercise regularly on a weekly basis (30 minutes of at least moderate exercise 5 or more times a week.)
- 77% of Whitehall youth do not eat the recommended amounts of fruits and vegetables (5 servings daily.)
- 34% of Whitehall youth are overweight (boys=38%, girls=22%.)
- 68% of Whitehall youth eat too much food high in fats and cholesterol.

Source: *City of Columbus/Franklin County Community Health Risk Assessment, June 1998.*



The Whitehall Cardiovascular Disease Task Force has provided this information. The goal of the Task Force is to improve the heart health of all Whitehall residents. For more information please call 462-6668.